



## **Shift from Coaching Light to Coaching Heavy**

## **Barriers to Bridges**

Shift #1			
From:			
Tion.			
To			
To:			
Barrier	Bridge		
01.10.110			
Shift #2			
From:			
To:			
Barrier	Bridge		



## **Shift from Coaching Light to Coaching Heavy**

Shift #3		
511111 # 5		
From:		
To:		
Barrier		Bridge
266.		
Shift #4	L	
From:		
TIOIII.		
_		
To:		
Barrier		Bridge